

**SOCIAL PHOBIA: CAUSES AND CONSEQUENCES****Nasrullayeva Asolat Abdumalikovna***Base doctoral student of the research institute "Mahalla and family"***Annotation**

The paper substantiates the ajuriousness of the study of social anxiety and social phobia, as well as the adequacy psychosemantic approach in the study of these phenomena.

**Key words:** *social anxiety, social phobia, anxiety, motivation, avoidance, stable form of response, psychosemantic analysis.*

The problem of social anxiety is relevant in modern society, where a person is daily forced to enter into a mass of social communications, many of which are unpleasant and emotionally intense. As a result of high social anxiety, a person is forced to avoid a number of life circumstances, which ultimately leads to maladaptive behavior, lack of adequate psychological relationship to life situations. Gradually, a person crosses himself out of the category of successful people, remains out of social activity, and his negative cognitive-emotional attitudes regarding his capabilities become more and more pessimistic, and his behavior becomes more and more avoidant up to a complete stop in action. In most cases, such people complain about chronically low mood, lack of satisfaction, general high anxiety, inability to form friendly, intimate and / or professional relationships. Not always social anxiety can be identified with SF as a pathological and extreme fear of social situations. We are talking about the severity of experiences and maladaptation. Social anxiety certainly has less maladaptive consequences for of a person, but is not just an uncomfortable element of everyday life, but hinders the disclosure of one's potential and the desire to function effectively in society, to experience the pleasure of life. Social anxiety is inherent in one or another least to all people, therefore we speak of a psychological problem only if the intensity of these experiences is inadequate to the existing circumstances

Sociophobia, or social anxiety disorder, was indirectly described by Hippocrates at the beginning of the 5th century BC. The ancient Greek philosopher was the first to figuratively formulate the feelings inherent in a person with a social phobia: fear of being seen, fear that interaction with people will necessarily lead to a negative result - ridicule, insults or even violence. Hippocrates called such emotions "shyness" - only later, at the turn of the 19th and 20th centuries, Western researchers in the field of psychiatry suggested that such feelings that engulf people are actually more like a mental disorder and can be much more dangerous than simple embarrassment. The terms "social phobia" and "social neurosis" were first mentioned by specialists at the beginning of the 20th century - they were attributed to people with "extreme shyness". Nevertheless, a full understanding of what exactly social phobia consists of and how it manifests itself became possible only in

the second half of the last century - after the systematic desensitization method developed by psychologist Joseph Wolpe became widespread in psychiatry. This approach, the purpose of which is to reduce the emotional sensitivity of a person in situations that cause fear, formed the basis of cognitive-behavioral therapy, and mainly allowed a deeper look at what a particular phobia is and in what ways a person is able to overcome her

Social phobia is a fear of social interactions and, unlike the shyness it was previously compared to, has the potential to affect many areas of life, from school and work to personal relationships and daily tasks. Social phobes, as a rule, experience stress not only before any communication, but also during it and even after it - and this is one of the main differences between such a phobia and the usual, even highly developed, shyness. Almost any activity that involves the risk of communicating with someone can become a trigger for feelings: talking on the phone, performing on stage, taking an exam, shopping in a store or meeting friends in a public place will be a serious stress and test for a person with social phobia.

Social phobia, according to various estimates, is "the third most popular mental disorder" in the world: according to researchers, 7% of US residents have experienced it, another 13% of Americans are at risk of developing it. In Europe, these figures are slightly lower (6.7% on average), while the lowest rates are recorded in China and Japan. In Russia, they can presumably be even higher than in North America, at least according to foreign researchers. Interestingly, over the years, celebrities have also encountered social phobia, whose life without communication with the public is impossible. Among them are singers Barbra Streisand and Taylor Swift, TV presenter Oprah Winfrey, model Kourtney Kardashian, actresses Whoopi Goldberg and Kristen Bell.

Clinical psychologist Galina Laisheva identifies two main types of social phobia. Their basis is the type of fear experienced by the person himself. "Social phobia is always a destructive and intense fear that can be associated with a specific situation or be diffuse. In the first case, we are talking about the fear of doing something in public: eating, talking, performing. In the second - about any situations where there is social interaction in general. A person can easily do something when there is no one around or if close people are nearby, but cannot if strangers are nearby," explains the specialist. The American Psychiatric Association adheres to a similar division, distinguishing generalized and non-generalized "social anxiety" according to the same principle. According to Laisheva, sociophobes can be afraid of judgment, aggression, or negative reactions from others, while they themselves remain absorbed in thoughts about how they behave awkwardly, and fear that any of their social actions will lead to a terrible, humiliating result.

In terms of age, teens and young adults are most susceptible to social phobia. "There is a hypothesis that at this moment in social groups there is a kind of struggle for power, which may include open aggression and even bullying. Sociophobia in this case will be a person's reaction to such violence, even if he simply acts as an observer," explains Laisheva. The causes of social phobia can be other factors, such as genetic (according to the expert, there is a 30% chance that a parent's social

phobia can be passed on to a child) or even congenital. In the latter case, we are talking about a tendency to anxiety or increased emotional sensitivity, in which social contacts will be perceived more acutely.

Psychologists identify several signs that can clearly indicate that a person has a social phobia:

- anxiety that occurs against the background of everyday tasks - communicating with strangers, talking on the phone, etc.;
- an attempt to avoid social interaction - refusal of meetings, friendly conversations, personal contacts;
- fear of doing something in front of strangers: it seems to the person that he is being watched with condemnation;
- fear of being criticized, desire to avoid eye contact.

These signs are often accompanied by physical symptoms: palpitations, sweating, skin redness, hand tremors, high blood pressure. Despite the fact that all this can bring serious discomfort to a life where social contact is inevitable, social phobes rarely turn to specialists for help. This leads to the fact that such a disorder in a person can develop over the years. "In this scenario, people either try to avoid social interactions altogether, or tolerate them and perform them with great difficulty, feeling uncomfortable. Both of these patterns of behavior are bad, because avoidance can negatively affect many areas of life and deprive a person of communication and personal life," says Laisheva. In her opinion, avoidance itself does not help people get rid of constant anxiety: a person continues to be afraid and tries to choose only ways of communication and communication that are convenient for him. Anxiety remains in any case and leads to cognitive impairment: it will be more difficult for people with it to concentrate, remember something and be productive.

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